

‘BY THE DAWN’S EARLY LIGHT’



Staff Sgt. John Johnson III | 94th Army Air and Missile Defense Command

FORT SHAFTER — Twice a day, every day, Soldiers raise and lower the flag, here, but on Jan. 1, 2013, junior and senior noncommissioned officers from the 94th Army Air and Missile Defense Command carried out this time-honored tradition to welcome in the new year so that their junior Soldiers could spend the morning with their families.



2012 YEAR IN Review



USARPAC details Year in Review

U.S. ARMY-PACIFIC Public Affairs Office

FORT SHAFTER – Activities in the Asia-Pacific region stepped up considerably this year as the Department of Defense refocuses on the Pacific area of responsibility.

America’s Army in the Pacific participated in 185 engagements, 14 bilateral exercises and 10 joint exercises in the region involving numerous partner nations in the Asia-Pacific region.

The People’s Liberation Army and U.S. Army-Pacific conducted their first Joint Humanitarian Assistance Disaster Relief tabletop exercise in Chendu, China, during a Disaster Management Exchange held Nov. 26-Dec. 1.

The 8th Theater Sustainment Command commander, Maj. Gen. Stephen Lyons, led the U.S. delegation, which also visited Beijing and Kunming. The exercise was based on a fictional third country that suffered a 7.8 earthquake, which requested both the U.S. and China to render aid.

Another significant event was USARPAC’s participation in Alam Halfa exercise in New Zealand, marking the first time in more than 20 years USARPAC has been able to train with the Kiwi’s. Members of the 25th Infantry Division have been designated to participate in the future Alam Halfa exercise.

USARPAC also made history when Secretary of the Army John McHugh announced Australian Maj. Gen. Richard M. Burr as USARPAC’s Deputy Commanding General for Operations, Aug. 20. USARPAC is the first Army Service Component Command to have a coalition partner general officer serving in this capacity.

The 36th annual Pacific Armies Management Seminar 2012 was held in Canberra, Australia, July 12-20. Senior Army personnel from 27 Pacific nations developed relationships and exchanged views. PAMS is USARPAC’s largest theater security and cooperation event, co-hosted

by USARPAC and a different partner nation each year. This was the third time Australia has hosted the event since the initial PAMS in Hawaii in 1978.

USARPAC held a groundbreaking ceremony to inaugurate a new command and control facility at Fort Shafter. When completed, the facility will consolidate command and control functions replacing 12 separate pre-World War II building and temporary trailers. Most facilities were designed as temporary, but have been in use more than 70 years.

Members of USARPAC supported the cast and crew of the TV hit show “Hawaii Five-0” at Fort Shafter’s historic Palm Circle and at various locations on Oahu. One episode aired in November and another airs at a later date.

An unveiling was held Feb. 22 for 16 fleet hydrogen fuel cell vehicles, which military services in Hawaii are testing in an effort to research efficient, clean and renewable energy sources. The endeavor, geared to reduce the U.S. military’s dependence on petroleum, was celebrated during a ceremony at Palm Circle, here.

“The Army continues to investigate technologies and partnerships that give the U.S. a decisive advantage,” said Lt. Gen. Francis Wiercinski, commander, USARPAC.

USARPAC announced 2012 Noncommissioned Officer and Soldier of the Year winners, June 15. Staff Sgt. Neal Lang III, Charlie Battery, 1-38th Field Artillery, Camp Casey, South Korea, was selected as NCO of the Year. Pfc. Jose L. Figueroa, 536th Maintenance Control Section, 524th Combat Sustainment Support Battalion, 45th Sust. Bde., 8th TSC, was named Soldier of the Year.

An award ceremony was also held for Hawaii-based civilian employees at Fort Shafter, recognizing their contributions to USARPAC in 2011, in nine different categories, Feb. 29.



Security measures in place at all HI schools

SCHOOL LIAISON OFFICE

Child, Youth and School Services, Family and Morale, Welfare and Recreation

HONOLULU — The Hawaii State Department of Education Safety, Security and Emergency Preparedness Branch, met with Honolulu Police Department officials in December to review security procedures for the state’s public schools.

The meeting with law enforcement was prompted following the shooting at the Connecticut school that killed 20 students and seven adults.

“All of Hawaii’s public schools have emergency procedures in place, and today our teams revisited those procedures with a heightened awareness,” stated Superintendent Kathryn Matayoshi. “While this tragedy is incomprehensible, all of our schools have counseling services available for students, parents and teachers who may need them.”

U.S. Army Garrison-Hawaii is taking additional steps to ensure the safety of schoolchildren attending Army schools.

“We are also having an Army school plan-

ning committee meeting on Jan. 23,” said Wendy Nakasone, Army School Liaison Officer. “We will discuss this issue at that time. The principals, garrison commander and directorates of Emergency Services and Plans, Training, Mobilization and Security will all be at this meeting.”

If parents or students need counseling services during this time, they should contact the pertinent school or the DOE for assistance at 586-3232.

(Editor’s note: Information from Department of Education press releases was used in this article.)

Crisis resources

The following links are helpful resources for addressing a crisis with children:

- <http://crisisguide.neahin.org/crisisguide/after/mentalhealth.html>
- www.apa.org/topics/violence/school-shooting.aspx.



Photo courtesy of Solomon Elementary School, Schofield Barracks

Year in Review | A-3 thru A-7

Deployments, redeployments, even pirates!



In Memoriam | A-3

Remembering those who gave the ultimate sacrifice in 2012.

New Year, new you | B-1

Don’t give up on your weight loss resolutions yet! Help is available.



Sleepy? | B-9

Sleep disorders can affect much more than the third of life spent in bed.



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Police Call

Military Police increase patrols

COL. MARK JACKSON
Director, Emergency Services,
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

The following are excerpts taken from actual blotter entries from the Schofield Barracks/Fort Shafter areas of operation.

Subjects are innocent until proven guilty, and maximum punishments are taken from the Manual for Courts-Martial, United States (2012 edition), and other open sources.

Crime Statistics

Crime statistics are analyzed and reported courtesy of the Consolidated Community Criminal Intelligence, or CRIMINT, Fusion Cell.

Crime and incident statistics, captured in the accompanying chart, have been pulled and combined from the Schofield Barracks and Fort Shafter surrounding areas, which include Wheeler Army Airfield, Aliamanu Military Reservation, Helemano Military Reservation, Fort Shafter Flats, Red Hill Military Reservation, Fort DeRussy, Menonca Park, Leilehua Golf Course, Pililaau Army Recreation Center, Dillingham/Mokuleia Beach Park, and Tripler Army Medical Center.

The office of Directorate of Emergency Services, U.S. Army Garrison-Hawaii, collects and uses these crime and incident statistics to determine patrol distribution to maintain safety and

security within our communities.

Incidents

Listed below are examples of incidents that occurred during Dec. 3-14, 2012.



Jackson

Assault Com-summated by Battery, Spouse Abuse, Military Male Victim, Resisting Apprehension, Disorderly Conduct, Assault on Law Enforcement

Subject: Civilian, Family Member/Wife, F/A/N/29, Schofield Barracks

Dec. 8, 2012, an investigation by MP patrols revealed that husband and wife were involved in a verbal dispute over marital issues, which became physical when the wife struck her husband in the neck and chest with an open hand. The victim sustained scratches to his chest and neck but declined medical attention.

The subject resisted apprehension by becoming combative and noncompliant, striking MP patrols in the face and leg with her right foot. She was detained and escorted to the Schofield Barracks police station where she was advised of her legal rights, which she invoked. She was further processed and released to her sponsor's unit representative.

The victim was released to his unit representative.
Drugs/Alcohol Involved: Yes
Disposition of Case: Final Report.

Larceny of Private Property, Unlawful/Forced Entry

Subject: Unknown
Dec. 5, 2012, the Schofield Barracks police desk was notified of a larceny of private property that occurred between the hours of midnight and 6 a.m. on that morning. An investigation by MPs revealed that unknown person(s) by unknown means removed two gaming consoles, several other electronic accessories and a wallet that was left unsecured and unattended.

Disposition of Case: Investigation continues by Military Police Investigations (MPI).

Larceny of Private Property

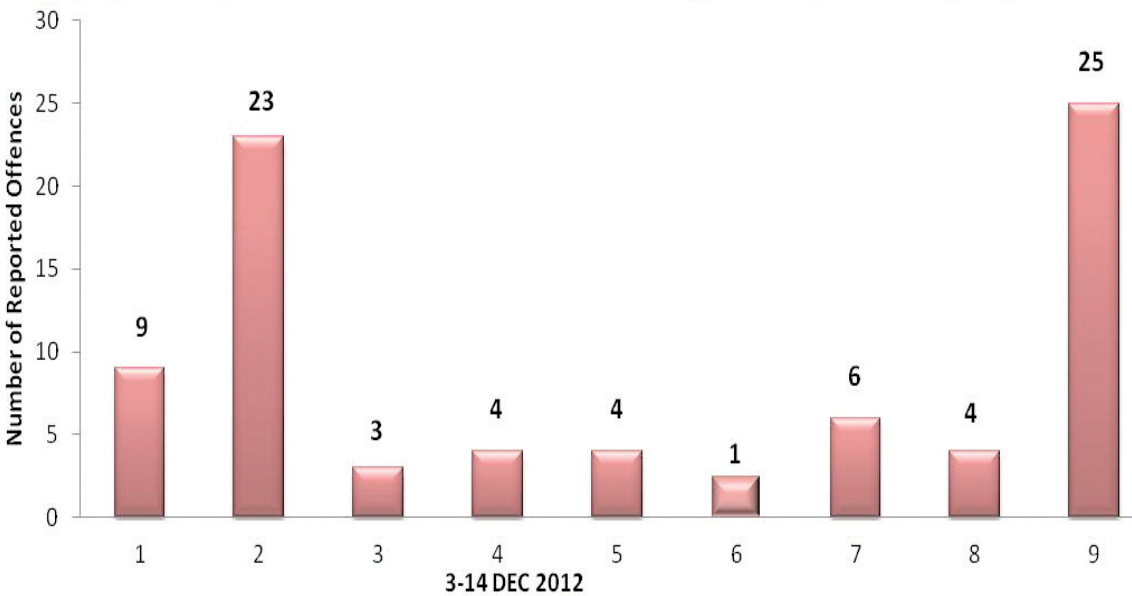
Subject: Unknown
Dec. 9, 2012, the Schofield Barracks police desk was notified of a larceny of private property that occurred between Dec. 3-9. An investigation revealed that an unknown person(s) by unknown means removed two Huffy mountain bikes, one American Golden wheel mountain bike, and one Ripstik skateboard from an unsecured and unattended backyard.

Disposition of Case: Final Report.

See POLICE A-8

Combined U.S. Army Garrison-Hawaii

1. Assaults 2.Larcenies 3. Drugs 4. Domestic (Physical/Verbal) 5. Unattended Child 6. Suicide Attempts/Ideation/Gestures 7. Sex Crimes 8. DUI 9. Damage to GOV/Private Property



BACK TO BASICS

Leaders should ask meaning

Technology is good; face-to-face comms show concern

COMMAND SGT. MAJ. NATHAN HUNT

8th Theater Sustainment Command

We must all be careful as leaders and Soldiers when we use the phrase, "back to basics," and consider exactly what it is we are saying or implying.

We should all be fully aware of some of the sacrifices our formations have endured for the sake of Army force generation and deployments, but to say that where we are now as a fighting force is not good, and that we have to go back 20 years and re-adopt the ways of doing business of those times, may not be the best way to look at back to basics.

Our younger, new and mid-grade Soldiers and leaders are the future of our Army. They have new and exciting ways of communicating, getting things done, thinking, etc.

We do not want to say to them that their new ideas, which were, and are, critical in our successes during combat, are not what we want.

We can't dismiss their ideas and just say we are going back to the 1980s and 1990s when we had it right. I do believe there is goodness in the old ways of doing things, and that there are things to be learned in the new way.

As a Soldier with close to 30 years

See BASICS A-8

FOOTSTEPS in FAITH

Spiritual fitness 'bridged' through three qualities

CHAPLAIN (CAPT.) MARK MCCORKLE
84th Engineer Battalion,
8th Theater Sustainment Command



McCorkle

As a chaplain assigned to an engineer unit, I discovered that God is very interested in relating the construction of a bridge to the construction of human spiritual fitness.

I have discovered three important qualities needed when building a bridge that relate to humans: tolerance, creativity and leadership.

Tolerance gives leeway for imperfections, creativity provides solutions to unconventional problems, and nothing gets done unless a leader births leadership.

Tolerance. In the engineer's world, tolerances are specified to allow a rea-

sonable leeway for imperfections and permit inherent variability without compromising performance. For a bridge, tolerance allows for expected flaws in construction.

But how do humans get the results they want when they are so well aware of their imperfections? As humans, what flaws do we have that need tolerance? As the Bible puts it, grace provides.

God gives us grace to get the job done in our lives day to day. Though too much tolerance in a bridge can cause it to fall if it goes beyond its purpose, from the human perspective, grace is given to aid in our own ability.

Grace is God's way of making up for our inability, not an excuse for our inability. In other words, grace is not to be used as an excuse to keep doing things that are wrong.

Creativity. It refers to the invention or origination of any new thing that has value. For example, think of leaks found along the joints of a bridge. In the construction of one famous bridge, lead wool used to pack the joints didn't stop

the water. Eventually, soft wooden wedges driven into the joints proved a fairly effective means of stopping the flow.

In comparison, humans are God's finest creation, and we have flaws. God gave men and women innovative and creative ways to stop the leaks of joy, peace and contentment from life. This may be done by confronting a bad habit; giving more of one's time, talent and treasure to those who are in need; starting a journaling regimen; or finding time to be alone in prayer.

Leadership. It's the high demand for diligent maintenance. Bridge building requires constant leadership. Determining where a person is in his or her spiritual walk will also determine the amount of attention that is needed.

When more work is needed than what is usually required, good leaders will be aware of it and speak about it or acknowledge it openly. We can never afford to ignore issues in life and just hope they go away.

Attention must be given to the prob-

"Grace is God's way of making up for our inability, not an excuse for our inability."

lem. For a bridge, attention prevents it from falling, and for a life, attention prevents it from failing. In both examples, the same principle is in effect during the process: to feel safe through the process of trial and error until a solution is discovered.

Tolerance, creativity and leadership are three important aspects that bring success when building a bridge. It is the leader who will cast the vision of value and honor through a cyclical message, keeping minds set on things of true substance like service, duty and honor.

It sets a tone in life that encourages people today not only to live, but to build physical and spiritual bridges that improve the way in life.

Voices of Ohana

"What is something you hope to achieve in the new year?"

Photos by 500th Military Intelligence Brigade Public Affairs



"To get promoted and hopefully PCS to Fort Bragg."

Sgt. Jacob Church
Signals intelligence analyst,
HOC 715th MI Bn.,
500th MI Bde.



"Keep in better contact with my family."

Spc. Zackery Mueller
Information technology specialist,
715th MI Bn.,
500th MI Bde.



"Become the brigade noncommissioned officer of the year."

Sgt. Hayeley Neace
Orderly Room NCIOC,
HHDD, 500th MI Bde.



"Finish my bachelor's degree."

Spc. Spencer Poll
Cryptolinguist,
Co. C,
715th MI Bn.,
500th MI Bde.



"Get promoted to staff sergeant."

Sgt. Gary Thomas
Paralegal specialist,
500th MI Bde.



2012

YEAR IN Review



Sgt. Mahlet Tesafaye | 25th Infantry Division Public Affairs

WHEELER ARMY AIRFIELD — Soldiers from the 25th CAB, 25th ID, listen to Maj. Gen. Kurt Fuller, commander, 25th ID, extend a few brief words of thanks during an early morning “welcome home” ceremony, here, Dec. 13. Following the remarks, the Soldiers were dismissed and reunited with loved ones. The 25th CAB’s 12-month deployment to Afghanistan in support of Operation Enduring Freedom is ending as the remaining elements return in the coming days.

CAB redeploys after busy year

25TH COMBAT AVIATION BRIGADE
25th Infantry Division Public Affairs

WHEELER ARMY AIRFIELD — The 25th Combat Aviation Brigade, 25th Infantry Division, began redeploying from Operation Enduring Freedom to Hawaii, with a small component returning in September and a larger group, Dec. 13. Currently redeploying are remaining Soldiers from Afghanistan. The brigade’s primary mission was to prevent Afghanistan from returning to a safe haven for Al-Qaeda and other international terrorists while building the country’s capacity to secure and develop

itself as a nation. The brigade operated about 215 helicopters ranging from OH-58D Kiowa Warriors to CH-47 Chinook heavy-lift transports in several key regions of Afghanistan, executing missions ranging from air assault to air movement, resupply and counterinsurgency operations. The CAB was spread out across more than 25 forward operating bases, with its brigade headquarters located on Kandahar Air Field and three task force HQs at FOBs Wolverine, Tarin Kowt and Shin-dand.

The remaining FOBs were mostly for medevac coverage throughout the south and southwestern regional commands. Elements of the 25th CAB conducted full-spectrum aviation operations in support of Regional Command (South) Team, U.S. Special Operations Forces and International Security Assistance Joint Command to defeat the insurgency, to support improved governance and development. Their efforts enabled Afghan-led security forces to continue to train, providing security for the Afghan people, setting conditions for sustainable peace.

In Memoriam



25th Infantry Division

3rd Brigade Combat Team	April 20 - Chief Warrant Officer 2 Don Viray, 25
Dec. 25 - Staff Sgt. Joseph Altmann, 27	April 20 - Sgt. Chris Workman, 33
March 15, 2nd Lt. Clovis Tim Ray, 34	May 10 - Spc. Alex Hernandez III, 21
	Aug. 16 - Sgt. Richard Essex, 23
	Aug. 16 - Sgt. Luis Oliver Galbreath, 41
	Aug. 16 - Chief Warrant Officer 3 Brian Hornsby, 37
	Aug. 16 - Chief Warrant Officer 2 Suresh Krause, 29
25th Combat Aviation Brigade	
April 20 - Chief Warrant Officer 2 Nicholas Johnson, 27	
April 20 - Sgt. Dean Shaffer, 23	



Sgt. Daniel Schroeder | 25th Combat Aviation Brigade Public Affairs

KANDAHAR AIRFIELD, Afghanistan — Soldiers from 209th ASB, 25th CAB, 25th ID, load a UH-60 Black Hawk medevac helicopter from Co. C, 2nd Bn., 211th Avn. Regt., of the Minnesota National Guard, onto a C-17 Globemaster III, Sept. 24, to be transported to Forward Operating Base Shindad, Afghanistan.



Photo courtesy of
25th Combat Aviation Brigade Public Affairs

WHEELER ARMY AIRFIELD —(Above and Below) Family members embrace their loved ones after redeployment ceremonies in December.



Photo courtesy of
25th Combat Aviation Brigade Public Affairs

25th ID resets after OIF, OEF deployments

SGT. 1ST CLASS JOE BATTLE
25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Headquarters of the 25th Infantry Division started 2012 off by continuing to reset its forces following a yearlong deployment to Iraq.

As the last U.S. division headquarters on the ground in Iraq, 25th ID was directly responsible for the historic mission of overseeing operations needed to facilitate the withdrawal of U.S. forces in compliance with the 2008 Security Agreement, which called for the withdrawal all U.S. combat troops by the end of 2011.

In mid-2012, the division welcomed home the 2nd and 3rd Brigade Combat teams from yearlong deployments to Iraq and Afghanistan, respectively. As the division closed out 2012 and heads into 2013, it welcomes home the 25th Combat Aviation Brigade from a yearlong deployment in support of Operation Enduring Freedom.

The 25th ID bid farewell to a seasoned leader and welcomed in a new commanding general in 2012; Maj. Gen. Bernard Champoux passed the Tropic Lightning colors and relinquished command to Maj. Gen. Kurt Fuller during a change of command ceremony, April 5.

Champoux went on to serve as the assistant chief of staff of the United Nations Command/Combined Forces Command/U.S. Forces Korea, and deputy commanding general of 8th U.S. Army in Korea. Under Fuller’s command, the Tropic Lightning Division headquarters continued into the year by participating in multiple international exercises, including Yama Sakura, the first non-deployment-related exercise involving the entire division headquarters since 2003.

The headquarters continues to train for its role in the Pacific Command Response Force; the PCRf is responsible for assisting its international partners within the Pacific area in needed events and deploying aid anywhere in the Pacific within 18 hours.



Staff Sgt. William Sallette | 25th Infantry Division Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Maj. Gen Kurt Fuller, commander, 25th ID, welcomes home Soldiers of the 25th CAB as they exit a plane, Dec. 13, following a yearlong deployment in support of Operation Enduring Freedom in Afghanistan. Fuller was joined by Command Sgt. Maj. Ray Devens, senior enlisted leader, 25th ID, and Lt. Col. Hunter Marshall, commander, 25th CAB Rear Det., in welcoming home the CAB.



Sgt. Daniel Schroeder | 25th Combat Aviation Brigade Public Affairs

FORWARD OPERATING BASE WOLVERINE, Afghanistan — Pathfinders from Co. F, 2nd Bn., 25th Avn. Regt., 25th CAB, 25th ID, and soldiers from 4th Kandak, 2nd Bde., 205th Corps, Afghan National Army, stand ready to hook up a 25-foot container sling load during the first-ever Afghan Pathfinder Academy taught by Pathfinders, June 11.

2nd SBCT sees many overseas deployments

SGT. DANIEL JOHNSON

2nd Brigade Combat Team Public Affairs,
25th Infantry Division

SCHOFIELD BARRACKS — For the 2nd Stryker Brigade Combat Team, 25th Infantry Division, 2012 was a big year.

The primary focus of the brigade was Theater Security Cooperation missions with Pacific partners in the region, with battalions deployed as close to home as Oahu and as far away as India and Korea.

July saw a change in the command team for the 2nd SBCT. Col. Christopher Vanek was replaced by Col. Thomas Mackey, and Command Sgt. Maj. William Hain was replaced by Command Sgt. Maj. Michael Crosby.

The 2nd Battalion, 11th Field Artillery Regiment, “On Time,” fired live rounds on Oahu for the first time since 2006. Being able to fire on Oahu rather than deploying to larger training areas allows Soldiers to become more proficient by training more often.

The Brigade Support Battalion, “Warrior Support,” deployed assets to nearly every battalion mission, such as “Wolfhound Maul” and “Foal Eagle,” and was instrumental to the success of those deployments. It also earned the Philip A. Connelly Award for the best dining facility in the Pacific.

The 1st Bn., 21st Inf. Regt., “Gimlets,” deployed to Korea in support of Foal Eagle 2012. It trained side-by-side with the Republic of Korea’s army and helped to ensure a lasting partnership with realistic bilateral training.

The 1st Bn., 27th Inf. Regt., “Wolfhounds,” hosted the Singapore army during military exercise “Tiger Balm,” and deployed to South Korea for Operation Wolfhound Maul, a combined arms live-fire exercise at Rodriquez Live Fire Complex. These two exercises helped to increase security in the region and strengthened partnerships with Singapore and Korea.

The Wolfhounds also partnered with New Zealand military forces during Exercise Alam Halfa 2012 in New Zealand.

The 2nd Squadron, 14th Cavalry Regt., “Strykehorse,” deployed to India as part of Yudh Abhyas 2012 to strengthen the relationship with its Indian partners. It also deployed for a monthlong training exercise at Yakima Training Center, Wash. The realistic training 2-14th received while deployed allowed it to be prepared to travel to the National Training Center and perform at its peak.

The 1st Bn., 14th Inf. Regt., “Golden Dragons” deployed to Japan for Orient Shield 2012 to work with the Japanese Self Defense Force. The combined training on all aspects of infantry and mounted tactics strengthened both the Golden Dragons and their Japanese partners.

Operation Coral Reef partnered the Kingdom of Tonga with the Golden Dragons. The exercise took place in the tiny Pacific kingdom.

It was a productive year for the 2nd SBCT, but training isn’t the only thing the brigade can look to with pride. Spc. Kevin Holt, medic, 225th BSB, earned the Soldier’s Medal for his heroic actions while on leave in Florida. He subdued a man who had stabbed a Florida woman during an altercation, and then provided lifesaving measures while waiting for emergency personnel to arrive.

As the brigade prepares for future contingency missions and deployments, Soldiers remember that even with all of the accomplishments they’ve had this year, none would be possible without the support of their families who stand behind them. They give thanks for the support of their families.



Staff Sgt. Cashmere Jefferson | 3rd Brigade Combat Team Public Affairs, 25th Infantry Division

POHAKULOA TRAINING AREA, Hawaii — Sgt. James Omalley (left), gunner, and Spc. David Scott, assistant gunner, both assigned to 3rd Bn., 7th FA Regt., 3rd BCT, 25th ID, provide fire support with a 105mm howitzer during a "Steel" live-fire exercise here, Nov. 6, in support of a combined arms training exercise with 2nd Bn., 27th Inf. Regt., "Wolfhounds."

Broncos end year in Afghanistan, train, welcome new commander

3RD BRIGADE COMBAT TEAM
25TH INFANTRY DIVISION

Public Affairs Office

SCHOFIELD BARRACKS — The 3rd Brigade Combat Team, 25th Infantry Division, made up of some 3,500 Soldiers, logged some tearful moments, historic runs, awards and record-setting milestones in 2012.

The Soldiers returned home after completing a yearlong deployment to the eastern region of Afghanistan in March, fight-

ing in some of the toughest terrain ever assigned to the U.S. Army.

The Broncos worked tirelessly to develop the capabilities and confidence of their Afghan partners, and provided overwatch to more than 500 miles of shared border with Pakistan.

Following a successful deployment, the unit redeployed safely, but not without loss.

In May, the unit unveiled the newly erected Bronco Memorial, with names

engraved in white on dark granite, of 71 Soldiers lost in the brigade’s previous deployments to Operation Iraqi Freedom and Operation Enduring Freedom.

At the end of May, the Broncos dedicated a memorial room, located inside the brigade’s headquarters, celebrating the legacy and accomplishments of its fallen Soldiers.

For gallantry displayed in the battles fought in the mountains of Afghanistan, Spc. Craig Middleton, 3rd Squadron, 4th Cavalry Regiment, and Spc. Jeffrey Conn, 2nd Battalion, 27th Infantry Regiment, were awarded the Silver Star in a ceremony June 18, for marked heroism in combat while supporting OEF XII.

After two years of leadership, Col. Richard Kim and Command Sgt. Maj. Andrew Spano bid the Broncos farewell in July, welcoming Col. Brian Eifler and Command Sgt. Maj. David Clark as the new leaders of the brigade. Since then, the Broncos have trained vigorously, conducting live-fire exercises, sling-load operations, situation training exercises, and field training exercises on Oahu and on Hawaii’s Big Island.

The unit also conducted security operations in New Zealand and tactical operations center simulations with the 101st Airborne “Screaming Eagles” at Fort Campbell, Ky.

Finally, the Bronco Brigade concluded the year winning the 25th ID’s “Best Dining Facility” recognition for its award-winning cuisine.



Staff Sgt. Amber Robinson | 3rd Brigade Combat Team Public Affairs

SCHOFIELD BARRACKS — Maj. Gen. Kurt Fuller (left), commander, 25th ID, presents Spc. Jeffrey Conn, 2nd Battalion, 27th Inf. Regt., 3rd BCT, with the Silver Star during a ceremony in F Quad, here, June 18.



Sgt. Daniel Johnson | 2nd Brigade Combat Team Public Affairs

SCHOFIELD BARRACKS — Soldiers of the 2nd Brigade, 25th Infantry Division, and some of their vehicles, stand in formation on Weyand Field, here, following a change of command ceremony, July 20. Col. Christopher Vanek relinquished command to Col. Thomas Mackey.



Photo courtesy 3rd Brigade
Combat Team Public Affairs

SCHOFIELD BARRACKS — Members of a color guard stand bearing cased colors during the Bronco Brigade’s redeployment ceremony, May 11.



Sgt. Hillary Rustine | 3rd Brigade
Combat Team Public Affairs

SCHOFIELD BARRACKS — Sgt. Michael Tackett, HHC, 3rd BCT, 25th ID, launches a Tier I Small Unmanned Aerial Vehicle, or PUMA, during training, Nov. 14.



Sgt. Gaelen Lowers | 8th TSC Public Affairs

SCHOFIELD BARRACKS — (In vehicle, from left) Maj. Gen Stephen Lyons, incoming commander, 8th TSC; Col. Charles Maskell, deputy commander, 8th TSC; Lt. Gen. Francis Wiercinski, commander, U.S. Army-Pacific; and Maj. Gen. Michael Terry, outgoing commander, 8th TSC, inspect troops during the 8th TSC’s change of command ceremony, as Staff Sgt. Brian Hout drives, June 13.



Sgt. Gaelen Lowers | 8th TSC Public Affairs

HONOLULU — The Canadian submarine HMCS Victoria sails on the surface next to the Hawthorne Eight of the 605th Trans. Det., 545th Trans. Co., 45th CSSB, 45th Sust. Bde., 8th TSC, during a drill with the Royal Canadian Navy, July 9, during the 2012 Rim of the Pacific Exercise.

8th TSC reflects upon year’s challenges, successes

8TH THEATER SUSTAINMENT COMMAND Public Affairs Office

8th Theater Sustainment Command exceeded its mission as the senior Army logistics command in the Pacific Command area of responsibility in 2012.

By training, equipping and tailoring forces, planning and generating expeditionary capabilities; and providing timely and robust support of joint and combined forces, 8th TSC was able to maintain peace and stability and deter aggression.

8th TSC deployed more than 550 Soldiers to Japan, Korea, Kuwait and beyond. The 8th participated in more than 25 major joint and installation training exercises, including operations Key Resolve and Ulchi Freedom Guardian in Korea, Cobra Gold in Thailand, Balikatan in the Philippines and Yama Sakura in Japan. Additionally, more than 840 Soldiers volunteered more than 2,750 hours to elementary schools across Oahu.

130th Engineer Brigade
130th Eng. Bde. supported many theater sustainment cooperation projects throughout the Pacific area of responsibility, as well as began an extensive training program.

84th Eng. Battalion trained in preparation for deployment to Guam, while the 65th Eng. Bn. and brigade headquarters began preparation for deployment to Afghanistan.

Modular units throughout the brigade completed projects in the Republic of Palau, Japan, Thailand, South Korea, Cambodia, Philippines, Arizona, Alaska and the Big Island of Hawaii.

130th Eng. Bde. also supported partnerships with Mililani Uka Elementary School and Mililani Middle School. Soldiers participated in tutoring,

reading, exercises and more with students, including a “Toys for Tots” walk for underprivileged youth in the area.

8th Military Police Bde.
While companies and individual Soldiers deployed across the globe, the 8th MP Bde. focused on training and law enforcement at home and throughout the Pacific.

Headquarters and Headquarters Detachment, 728th MP Bn. redeployed in February after a yearlong deployment training leaders of the Afghan National Police; the 58th MP Company, 728th MP Bn., redeployed in June from Kandahar, Afghanistan, after working in partnership at the local level with Afghan police precincts throughout the region.

For its actions in Afghanistan, the 58th MP Co. received the Brig. Gen. J.P. Holland Award, recognizing it as the best the MP Corps has.

In January, the 39th MP Det. began a year-long law enforcement deployment at Kandahar. In early 2012, two MP companies trained at the Pohakuloa Training Area on the Big Island, the first MP company to train at PTA in years. The units also trained and certified their personnel.

As budget cuts hit the civilian contingent at the Provost Marshal’s Office, MPs took the lead and reasserted themselves as the pre-eminent law enforcement on Army installations. MPs took over gate duties, increased patrols and have provided additional support, including at PTA.

In July, Col. Mark Jackson and Command Sgt. Maj. Richard Woodring took over from Col. La’Tonya Lynn and Command Sgt. Maj. Thomas Sivak Jr.

Throughout 2012, the 8th MP Bde. asserted itself as a community leader. The unit restarted a partnership with the Hawaii Department of

Public Safety when a Soldier attended the Sheriff Division’s training academy for the first time in more than a decade. The unit also supported local law enforcement and Special Olympics awareness during the Barboza Torch Run and Cop on Top. Additionally, the unit maintained its support to schools and neighborhoods of the North Shore.

The 71st Chemical Co. fielded and tested the HAMMER system, a brand new decontamination system that could potentially change 60 years of CBRN doctrine. Chemical Soldiers also spearheaded multinational partnerships across the Pacific, starting with a subject matter expert exchange in Singapore.

45th Sust. Bde.
The 45th Sust. Bde. deployed many of its units to ongoing contingency operations across the globe, while the 524th Combat Service Support Bn. and 303rd Ordnance Bn. (Explosive Ordnance Detachment) led the companies in Hawaii in support of operations across the Pacific.

Headquarters and Headquarters Co., 45th Sust. Bde., spent most of 2012 based in Kandahar providing logistical support to Regional Commands South, Southwest and West. Its successful mission completed with redeployment on Dec. 23.

Truckers from the 25th Transportation Co., 524th CSSB, spent most of the year under the brigade’s headquarters in Kandahar. The unit’s efficiency and ability to provide logistical support was evidenced when it repacked, shut down and closed down a brigade-sized forward operating base within a month. The unit redeployed in October.

The 706th Ord. Co. (EOD), 303rd Ord. Bn. (EOD), also returned in October from Afghanistan, where the unit supported counter-

improvised explosive operations in the region.

Logistical Support Vessel Five, 163 Trans. Det. received an unexpected deployment enroute when it was called to support operations in Southwest Asia.

The ship fought off pirates as well as the effects of an unexpected deployment in support of OEF and New Dawn.

Units of the 524th CSSB in Hawaii supported multinational exercises and humanitarian assistance operations across the Pacific, as well as key logistical support to units in Hawaii, including quartermaster, transportation and food service support.

The 303rd Ord. Bn. (EOD) acted as first responder to all land-based EOD across the Pacific, responding to everything from World War II-era ordnance to a bomb hoax on Maui.

Soldiers acted as makeshift Army ambassadors in expert exchanges from Sri Lanka to New Zealand, and locally supported four North Shore schools and many community events on Oahu.

8th Human Resources Sustainment Center
The 8th HRSC deployment to Camp Arifjan, Kuwait, from March-December 2012, was assigned to the 1st Sust. Command (Theater). The unit tracked more than 340,000 personnel as they travelled into, out of, and around the Central Command area, processed over 11,000 casualty reports, and inspected 16 Army Post Offices.

The HRSC also travelled to Afghanistan to provide training and assistance to human resources assets there.

Conclusion
The 8th TSC fulfilled its 2012 vision, continuing to train leaders to successfully execute the mission throughout the Pacific and deployments. “Sustain the Force!”



2nd Lt. Lauren Looper | 65th Eng. Bn., 130th Eng. Bde., 8th TSC

SCHOFIELD BARRACKS — Command Sgt. Maj. John Etter, incoming senior enlisted leader, 130th Eng. Bde., 8th TSC, accepts the mantle of responsibility from outgoing Command Sgt. Maj. Roy Ward during the brigade’s change of responsibility ceremony at Hamilton Field, June 20.



Sgt. Marcus Fichtl | 8th MP Public Affairs, 8th TSC

SCHOFIELD BARRACKS — Col. Mark Jackson (left), commander, 8th MP Bde.; Lt. Col. Larry Dewey (center), deputy commander, 8th MP Bde.; and Col. La’Tonya Lynn, outgoing commander, 8th MP Bde., inspect troops during the 8th MP Bde.’s change of command ceremony at Hamilton Field, July 27.



Spc. Marcus Fichtl | 8th MP Bde., 8th TSC

PEARL HARBOR — Chief Warrant Officer 3 Thomas Barnes commander, 163rd Trans. Det., 8th TSC, cuts a ribbon for responsibility of LSV Lt. Gen. William B. Bunker. here, June 29,



Spc. Tiffany Dusterhoft | 8th TSC Public Affairs

SCHOFIELD BARRACKS — Pfc. Jose Figueroa (top), 536th Support Maint. Co., 45th Sust. Bde., puts a choke hold on Spc. Jonathan Espey, 5th Geospatial Panning Cell, 130th Eng. Bde., during a combatives tournament, May 8.

2012

YEAR IN

Review

Tripler adds new clinics, centers

TRIPLER ARMY MEDICAL CENTER
Public Affairs Office

HONOLULU — Tripler Army Medical Center and the Pacific Regional Medical Command continued to break new ground providing world-class health care and to stay on the cutting edge of technology in 2012.

TAMC rang in the New Year with Hawaii’s first baby, Faith Erin Fielden, who was born at 12:02 a.m., Jan. 1, 2012.

In January, Tripler’s Interdisciplinary Pain Management Center completed the first minimally invasive lumbar decompression in Hawaii. The state-of-the-art procedure has a lower risk of bleeding, complications and infections than traditional treatment options, and patients feel better within a few days, reducing recovery times and hospital stays.

Primary care clinics across the Pacific launched a secure messaging system in April, giving patients the ability to contact their primary care clinic to request prescriptions, receive test and laboratory results, request appointments and referrals, avoid unnecessary office visits and telephone calls, and access valuable health information online.



Photo courtesy TAMC Public Affairs

HONOLULU — Dr. (Col.) Eric Crawley (left), chief, Pulmonary and Critical Care Medicine, TAMC, performs a bronchial thermoplasty on Spc. Thomas Richberg, 728th MP Bn., here, April 12. Richberg, who developed asthma in 2007-2008 during a deployment tour to Iraq, was the first patient in the Department of the Army and the State of Hawaii to receive the therapy that treats severe cases of asthma.

Also in April, Tripler held a blessing and lei ceremony for the military’s and Oahu’s first single-room Neonatal Intensive Care Unit. The rooms provide the optimal environment for babies’ hearing, growth and overall development.

Doctors at Tripler performed the first bronchial thermoplasty within the Army and Hawaii, April 12. The Food and Drug Administration-approved therapy aids in asthma control in severe asthmatics, and may help the Army retain Soldiers who may otherwise be medically discharged.

In June, Tripler hosted its annual Graduate Professional Health Education Commencement ceremony, where 114 health care professionals were awarded their diplomas.

Lt. Gen. Patricia Horoho, U.S. Army Surgeon General and commander, U.S. Army Medical Command, visited PRMC staff and facilities on the island, June 12-14.

Also in June, Col. Joseph Bird relinquished command of U.S. Army Health Clinic-Schofield Barracks to Col. Mary Krueger.

Tripler’s Medical Simulation Center received its second national recognition when it was awarded the American College of Surgeons accreditation in July. The center is the only one in the Pacific region and the third center in the Department of Defense to have earned the ACS accreditation.

Following suit, Tripler’s Sleep Disorders Center earned accreditation from the American Academy of Sleep Medicine in August. The accreditation covers areas such

See TAMC A-8



Joseph Bonfiglio | USACE-HD Public Affairs

SCHOFIELD BARRACKS — Maj. Gen. Kendall Cox (right), deputy commander, Military & International Operations, USACE, recently toured Honolulu District project sites at South Range, here, during his visit to Oahu in late October. During the site visits, district project managers provided Cox with job site safety, programmatic and informational project status briefs.



Dino Buchanan | USACE-HD Public Affairs

HELEMANO MILITARY RESERVATION — Kahu Sherman Thompson (far right) leads the groundbreaking ceremonies, here, June 14, for a new 140-personnel barracks, slated to be occupied by the 307th ITSB. Those lifting the ceremonial shovels include (from center left) Col. Jay Hammer, former executive officer, USAG-HI; Louis Muzzarini, chief, construction branch, USACE-HD; and Stan Sagum, project engineer, SUMO-NAN JV.

Corps builds, renews, helps in 2012

Corps awards more than \$300 million in contracts

U.S. ARMY CORPS OF ENGINEERS- HONOLULU DISTRICT
Public Affairs Office

Highly motivated U.S. Army Corps of Engineers-Honolulu District staff supported military construction, transformation and initiatives on Hawaii Army posts that included barracks renewal on Wheeler Army Airfield and renovation of several historic quadrangles on Schofield Barracks.

The Corps, U.S. Army Garrison-Hawaii and several contractors also joined forces to start construction of two state-of-the-art, energy-efficient barracks and began construction of a new Warrior in Transition barracks and complex at Schofield Barracks.

In January, a contract was awarded for

the construction of a central vehicle wash facility at Schofield Barracks.

The District awarded a contract for construction of a child development center at Fort Shafter in March. Also awarded in March was a contract for the American Battle Monuments Commission’s Vietnam Pavilion at the National Cemetery of the Pacific; project completion was celebrated with a ribbon-cutting ceremony on Veterans Day.

In April, the Corps participated in a groundbreaking at Fort Shafter for the future headquarters of U.S. Army-Pacific.

Honolulu District deployed the 565th Engineering Detachment’s Forward Engineer Support Team-Advance in May 2012 in support of overseas contingency operations in Afghanistan.

In July, the District awarded a contract for construction of 25th Combat Aviation Brigade infrastructure, Phase 1, at WAAF.

The District and the Asia-Pacific Center

for Security Studies celebrated the official opening of Maluhia Hall, a new \$12.7 million state-of-the-art learning center, in August. Honolulu District awarded the contract and managed the construction of the facility.

In September, a contract was awarded for Training Support Center upgrades at Schofield Barracks.

Closing the year in December, Honolulu District sent a 15-member team to assist the Corps’ New York District in the aftermath of Hurricane Sandy.

The District completed a successful fiscal year 2012, during which 506 contract actions were awarded totaling \$316,128,089.

In support of its small business program, the District awarded \$152.6 million or 51 percent of its total FY12 new contract and task order dollars to small businesses, exceeding the yearly USACE small business

See USACE A-8

18th MEDCOM (DS) covers Pacific in 2012

MASTER SGT. RODNEY JACKSON
18th MEDCOM (DS) Public Affairs

FORT SHAFTER — The year zoomed by, but the mission didn’t stop and Soldiers of the 18th Medical Command (Deployment Support) spread out to cover the Pacific Region as the U.S. Army-Pacific medical Theater Enabling Command.

One of the unit’s primary functions is supporting the medical Theater Security Cooperation Program missions of U.S. Pacific Command and USARPAC.

Whether deployed, on a subject matter expert exchange, a medical first responder course or a medical exercise, the 18th delivered.

The 124th Optometry Detachment, the 18th’s optometry unit, redeployed from a yearlong tour in Afghanistan. The detachment’s mission is to provide optometry care and optical fabrication to deployed brigade-sized combat units, stability operations and support operations. The unit completed field training exercises leading up to its deployment, focusing on deployment operations and cross-training to ensure each Soldier could perform additional duties.

Another highlight of the 18th MEDCOM’s year was support of Medical Exercise 2012. MEDEX 2012 was a multi-component, joint service, bilateral exercise focused on disaster relief efforts in response to man-made or natural disasters. The unit led the exercise by fully coordinating the



Master Sgt. Rodney Jackson | 18th Medical Command (Deployment Support) Public Affairs

ZAMA CITY, Japan — Spc. Gene Siner and Spc. Michael Corley, both combat medics with Medical and Dental Command Japan, help city police, ambulance, fire department, search and rescue, and disaster assessment personnel in a Japanese disaster response drill during USARPAC’s medical exercise, Aug. 23-Sept. 2.

set-up of an 84-bed combat support hospital by the 325th Combat Support Hospital on Sagami Army Depot in Sagami-hara, Japan.

The TSC program took Soldiers of the 18th MEDCOM to many other areas of the Pacific in Laos, Cambodia, Malaysia and the Philippines.

Serving abroad was not the only focus for the unit; supporting the local community was also on the list. The unit kicked off a sponsorship program with Radford High

School’s health department in conjunction with Women’s History Month. Col. Judith Bock, commander and anesthetics nurse, was joined by three other women professionals with dental, optometry and nursing backgrounds.

They spoke to health students and informed them of the ins and outs of their personal medical and career paths, and provided guidance about how to pursue a general career path toward becoming a health care professional.



Master Sgt. Rodney Jackson | 18th MEDCOM (DS) Public Affairs Office

MALANG, Indonesia — Leaders with the 18th MEDCOM (Deployment Support) and USARPAC surgeon’s office stop for a discussion with Indonesian health care providers while visiting a village, here. Health providers from the U.S., Indonesia, Australia, Cambodia, Malaysia, Nepal, the Philippines, Thailand, Timor Leste, Tonga and Vietnam gave aid to families as one of the events during Exercise Tendon Valiant 2012, a six-day multinational Medical Readiness Training Exercise, led by 18th MEDCOM (DS) and USARPAC and hosted by the Indonesian National Armed Forces-Tentara Nasional Indonesia, June 18-23.



Photo courtesy TAMC Public Affairs

HONOLULU — Maj. Richard Delaney, general surgeon, Department of Surgery, TAMC, practices a gall bladder removal on a laparoscopy simulation in Tripler’s Medical Simulation Center, July 30.

News Briefs

Send announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

12 / Saturday
Schofield intersection closure — The entire intersection of Humphreys and Kulekole will be closed on Jan. 12. For more info, call 656-2532.

15 / Tuesday
AFCEA Hawaii Buffet Luncheon — Armed Forces Communications and Electronics Association will hold a luncheon from 11 a.m. to 1 p.m. at the Hale Ikena Club, Fort Shafter. For reservations, visit www.afcea-hawaii.org or call 441-8524.

17 / Thursday
Flying V — Lt. Gen. Francis Wiercinski, commander, U.S. Army-Pacific, will host a Flying V ceremony to honor and welcome Maj. Gen. Richard Burris, deputy commanding general for operations, USARPAC, at 10 a.m. on historic Palm Circle, Fort Shafter.

21 / Monday
2013 Freedom Award Nominations — Employer Support of the Guard and Reserve encourages Guardsmen and Reservists to nominate their civilian employers for the 2013 Secretary of Defense Employer Support Freedom Award before the Jan. 21 deadline. For questions, contact ESGR Public Affairs at 571-372-0705 or email at ESGR-PA@osd.mil.

2013 Francis Lieber Prize Nominations — The deadline for nominations for the 2013 Francis Lieber Prize for publications considered to be outstanding in the field of law and armed conflict, is Jan. 21. Visit www.asil.org/award-slieber.cfm.

23 / Wednesday
Tax Center Opening — The Schofield Barracks Tax Center's opening ceremony takes place at 3:30 p.m. in Bldg. 648. Call 655-1040 or visit www.facebook.com/hawaii-armytaxcenters/.

25 / Friday
MLK Observance — All are welcome to attend the Dr. Martin Luther King Jr. observance at 11 a.m. at the Warrior Inn Dining Facility, Bldg. 2085, Schofield Barracks, hosted by 2nd Stryker Brigade Combat Team, 25th ID, Team EO and EEO Hawaii. The theme will be "Remember! Celebrate! Act!" Call 655-0240.

Ongoing
Macomb Gate — Open for regular traffic operations, 5 a.m.-9:30 p.m., Monday-Friday, excluding holidays. Call 656-6750.

Garrison focuses on people, safety in 2012

AIKO ROSE BRUM
Chief, Internal Communication,
U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — For U.S. Army Garrison-Hawaii, personnel reductions, construction and traffic woes, and recurring community issues, such as safety, utility bills and speeding on post, fully engaged and challenged directorates in 2012.

Yet, despite these challenges, the garrison remained focused on its customers, facilities and infrastructure.

Soldiers, families and civilians
In March, Lt. Gen. Michael Ferriter, commander, Installation Management Command, reviewed USAG-HI's training areas, installation services and lev-



Courtesy U.S. Army Garrison-Hawaii
SCHOFIELD BARRACKS — Dan Foreman, natural resource management specialist with the Oahu Army Natural Resources Program, U.S. Army Garrison-Hawaii, monitors the health of an endangered akoko plant, in a remote native forest of the Waianae Mountains. OANRP regularly measures plant growth, health and reproductive status to gauge the success of plants reintroduced in the wild.

els of support. Before departing Hawaii, he talked candidly with Soldiers and employees about IMCOM's personnel reductions.

The Garrison held four Facebook town halls to address community concerns. The online forum has proven especially popular with 25- to 34-year-old Soldiers and family members. Subject matter experts personally responded to more than 6,460 comments and questions posted during the town halls.

2012 was a boom for new construction: A new barracks complex for more than 200 25th Infantry Division Soldiers opened in January; groundbreaking were held for new barracks for the Warriors in Transition Battalion, also at Schofield, in April, and for the 516th Signal Brigade at Helemano Military Reservation, in June. Total occupancy will be approximately 600 for all three barracks.

"These highly energy-efficient barracks provide Soldiers with modern accommodations, while also helping to reduce the post's energy consumption and costs," said former garrison commander Col. Douglas Mulbury, now chief of staff for 25th ID.

The installation recorded three changes of command: Lt. Col. Eric Shwedo at USAG-Pohakuloa, July 10; Col. Daniel Whitney at USAG-HI, July 17; and Capt. Parris Watson at Headquarters and Headquarters Detachment, Aug. 16. Also, Command Sgt. Maj. Philip Brunwald took responsibility as garrison's senior enlisted leader, July 17.

Soon after taking command, Whitney told his directors and chiefs to shape conditions to benefit Soldiers and their families. During an off-site in October, senior leadership realigned the installation's mission — "supporting each warrior, family and community with sustainable services, ensuring power projection readiness from Hawaii" — to its strategic plan.

Initiatives, sustainability and honors

As March closed, the 25th ID, 8th



Jack Wiers | U.S. Army Garrison-Hawaii Public Affairs
HONOLULU — (From left) Col. Daniel Whitney, commander, U.S. Army Garrison-Hawaii, comments on the signing of a memorandum of understanding pledging closer collaboration between the Army, Navy, Marines, Air Force and Coast Guard and the city on sustainability and solid waste management issues, as former City and County of Honolulu Mayor Peter Carlisle and Capt. Jeffrey James, commander, Joint Base Pearl Harbor-Hickam, listen in at a ceremony at the mayor's office, here, Nov. 15.

Theater Sustainment Command, and USAG-HI partnered in a "Hometown Pride" campaign, designed to embrace "ahahui," Hawaiian for "bringing a group of people together." The campaign aims to deter speeding and promote safe, well-groomed communities.

In late April-early May, the Garrison's sustainability efforts benefited from collaboration with the University of Hawaii Community College System, as USAG-HI transferred 32 trailers, totaling 24,000 square feet of space, to UH for use as classrooms and faculty offices.

"We leveraged resources, got to a common sense solution that saved dollars, and will support the community well into the future," said Col. Jay Hammer, former executive officer, USAG-HI. Whitney, along with commanders of the other Oahu military installations, pledged closer partnership with the City and County of Honolulu on sustainability and solid waste management issues, signing a memorandum of understanding with former Mayor Peter Carlisle, Nov. 15.

Among honors, USAG-HI received two prestigious awards in 2012. The Deputy Assistant Secretary of the Army for Environment, Safety and Occupa-

tional Health presented the Natural Resources Conservation Team Award for 2011 to the Oahu Army Natural Resources Program, May 5. The Hawaii Historic Foundation presented the 2012 Preservation Award — Hawaii's highest recognition for projects supporting the state's architectural, archaeological and cultural heritage — to Fort Shafter's Aloha Center, Building 330, May 11.

On a regular basis, garrison supports more than 94,500 Soldiers, families, civilians and retirees across 22 military installations and training areas; and through numerous deployments.



Bob McElroy | USAG-Pohakuloa
Lt. Col. Eric Shwedo, incoming commander, U.S. Army Garrison-Pohakuloa, addresses the garrison during the change of command ceremony, July 10.



USACE: Engineers work busy year

CONTINUED FROM A-6

contract award goal of 43 percent.

Throughout 2012, the District also awarded numerous contracts for work in American Samoa, Kwajalein in the Republic of the Marshall Islands, the Republic of Palau, and in the Hawaiian islands.

District contract actions signify the Corps’ commitment to provide high-quality facilities to the armed forces and to protect and improve the lives of the people of Hawaii and the region.

Honolulu District is responsible for major military design and construction, civil works, international and interagency support, real estate services to the Army and Air Force, regulatory work, environmental services and emergency management.

Major military construction contracts awarded in 2012

- \$54.7 million for CAB Infrastructure, Phase 1, Wheeler
- \$46.7 million for USARPAC Command and Control Facility, Phase 1, Fort Shafter
- \$28.3 million for Central Vehicle Wash Facility, Schofield
- \$21.1 million for flood mitigation structures, Fort Shafter Flats
- \$13.1 million for Training Support Center upgrade, Schofield
- \$11.7 million for F-22 combat aircraft parking apron, Joint Base Pearl Harbor-Hickam
- \$9.57 million for child development center, Fort Shafter

TAMC: Center improves, expands

CONTINUED FROM A-6

as clinical operations, in-lab sleep studies, and out-of-center sleep testing for a period of five years.

The center is Army Medicine’s third medical treatment facility to house an accredited Sleep Disorder Center. Adding to that great achievement, the center is the first non-fellowship-affiliated Army MTF to meet the national standards.

Wahiawa Elementary School hosted a dedication ceremony of its new school-based behavioral health building, Aug. 22. TAMC’s School Behavioral Health Team partnered with the Hawaii State Department of Education and The Queen’s Medical Center to expand behavioral health services available for children in Hawaii.

TAMC hosted the first behavioral health summit in the Pacific region, Sept. 13-14. At the summit, Air Force, Coast Guard, Marine, Navy, local hospital and university behavioral health providers gathered together to share knowledge and discuss the latest tactics, strategies, technologies, systems, treatments, processes and services for patient care.

Brig. Gen. Keith Gallagher relinquished command of PRMC and TAMC to Col. J. Anson

Smith, Oct. 4.

Later that month, the Hawaii Psychological Association recognized Tripler as a great place to work with a Psychologically Healthy Workplace Award, Oct. 19. Tripler took top honors in the military organization category.

Tripler hosted a Wreath Laying Ceremony and Fallen Comrade Tribute at the National Memorial Cemetery of the Pacific, Oct. 29, in honor of Lt. Col. David Cabrera and Staff Sgt. Christopher Newman, on the one year anniversary of the death of the first two behavioral health specialists to be killed in overseas contingency operations.

Smith relinquished command of PRMC and TAMC to Brig. Gen. Dennis Doyle, Nov. 1.

Tripler’s Junior Officer Council jumped into the holiday season’s spirit of giving by sponsoring a hospital-wide Thanksgiving Basket Competition. Clinics, departments and offices donated 25 holiday gift baskets, which were delivered to families in need around the island in time for the Thanksgiving holiday.

To close out the year, Tripler hosted more than 15 community groups, civic organizations, local businesses and schools who helped spread holiday cheer by visiting patients staying at Tripler and families staying at Fisher House.

Police: DES says, secure your property

CONTINUED FROM A-2

Larceny of Property, Unlawful Entry, Wrongful Damage of Private Property
Subject: Unknown

Dec. 10, the Hale Koa Hotel duty manager notified the Fort Shafter Police desk of an unlawful entry and larceny at the Saratoga parking lot, Fort DeRussy. MP patrols responded and made contact with the victim, who stated an unknown person(s) by unknown means unlawfully entered their vehicle and removed a pair of sunglasses while the vehicle was parked, secured and unattended. The passenger side window and center console glove box lock were damaged.

Disposition of Case: Investigation continues by MPI.

Larceny of Private Property
Subject#1: Unknown

Dec. 13, the Schofield Barracks police desk was notified of a larceny of private property that occurred Dec. 11 at Bldg. 488, Martinez Gym. Investigation by MP patrol revealed that an unknown person(s) by unknown means removed one black wallet containing a driver’s license and three credit cards from the above location, which was left unsecured and unattended in a locker in the men’s latrine.

Disposition of Case: Final Report.

Controlled Substance Violation
Subject: SPC, M/W/N/U, 524th CSSB, 45th STB

Dec. 6, CID notified the Schofield Barracks police desk of wrongful use of oxymorphone, which occurred between Oct. 15-19 at Bldg.

543, Schofield Barracks. Investigation established probable cause to believe the offender committed the offense of wrongful use of oxymorphone when he consumed oxymorphone in his barracks room.

Dec. 28, the offender was interviewed and advised of his rights, wherein he admitted to consuming oxymorphone in his barracks room. SJA opined probable cause existed to believe the offender committed the offense of wrongful use of oxymorphone.

Disposition of Case: Final Report.

Community Policing

DES increased the number of law enforcement patrols throughout USAG-HI by 30 percent, which will provide an enhanced presence of military police and DA civilian police within USAG-HI. Additionally, DES will soon increase the presence of bicycle patrols in housing areas.

DES will continue to concentrate on areas that statistically show the most crime. Please feel free to introduce yourself to patrols and get to know them. We look forward to improved interaction with community members and leaders.

Please assist DES with deterring crime by securing your personal property and vehicles, as 60 percent of the larcenies that occurred this reporting period involved property that was left unsecured and unattended. Help us keep our communities safe by reporting suspicious activities to the Schofield Barracks and Fort Shafter police stations.

Reporting suspicious activities enables our investigators to find leads and links to crimes that may be taking place on our installations.

Basics: CSM challenges caring vs tech

CONTINUED FROM A-2

of service, I can attest to the fact that not everything done in the old days was good. I can also attest to the fact that not having computers and cell phones forced people to talk. Now we send emails across the room or from office to office.

Technology is great and so are our Army and the Soldiers in it.

I ask that as we think of getting back to the basics during the new year, that we put down the electronic devices that we cling to so dear-

ly and act like we genuinely care — that we go out and visit and share time with others.

Stop texting, Facebook-ing, tweeting, etc., and go see someone.

Caring about Soldiers and taking care of Soldiers is old school. We’ve lost some of our edge when it comes to this. Let’s get back to it. Let’s focus on it as we get back to the basics.

I challenge all Soldiers to define what caring about Soldiers and each other really means.

(Editor’s note: Hunt is the senior enlisted leader, 8th TSC.)

NEW Year
YOU

Story and photos by
SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — It's a little more than a week into the new year, which means it's just about time for most people to throw in the towel on their New Year's resolutions to lose weight, eat healthy and get back into shape.

According to Kristy Osborn, head personal trainer at the Schofield Barracks Health and Fitness Center, too many people make unrealistic goals for the new year, which only sets them up for failure.



HFC personal trainers (from left) Camille Workman, Kristy Osborn and Amanda Nefe are happy to help clients reach their personal fitness goals through one-on-one sessions and group exercise classes.

"What you need to think of to be successful are short-term AND long-term goals," she said.

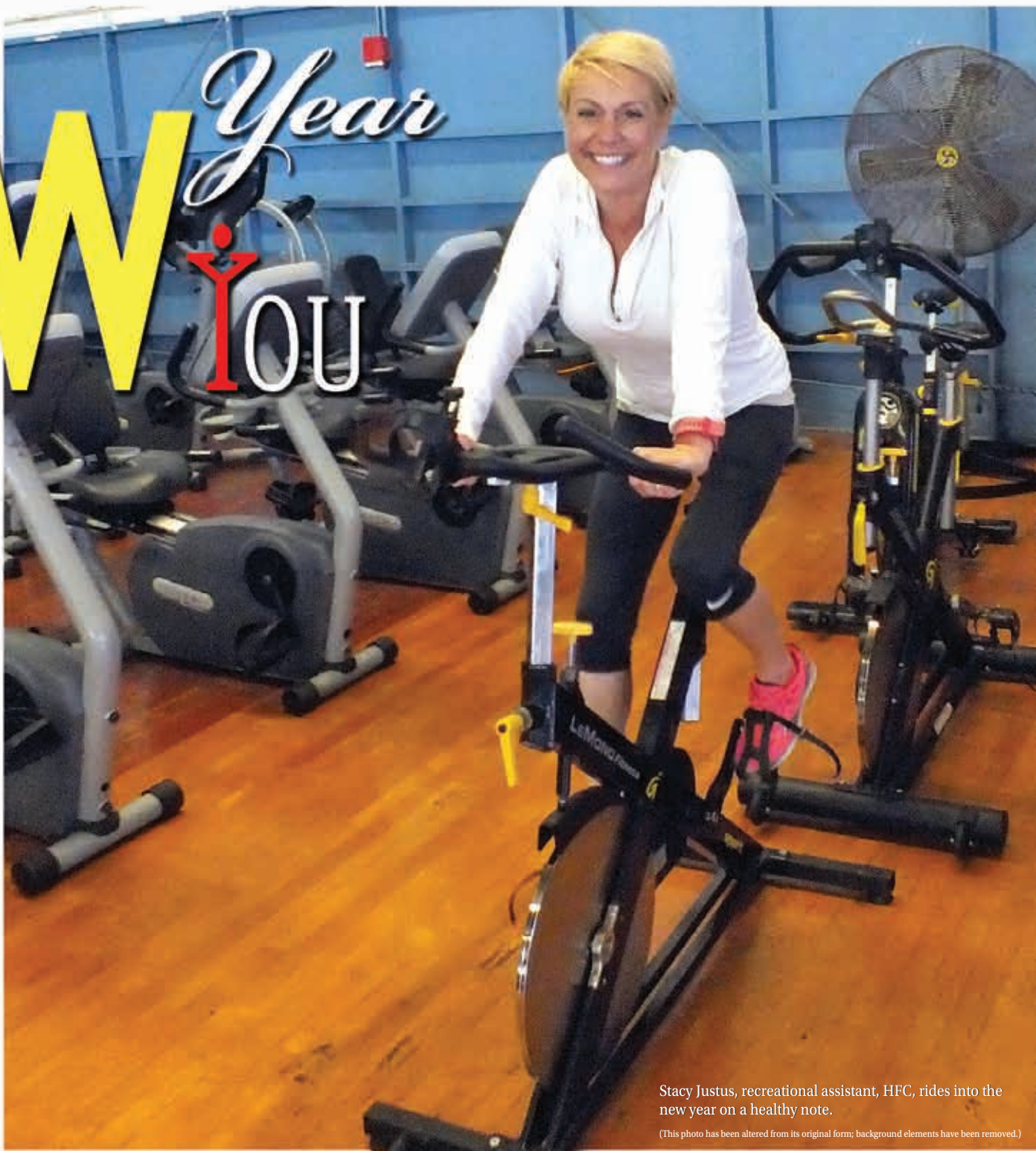
Osborn, who is a certified personal trainer and certified strength and conditioning specialist, explained that short-term goals are goals that can be reached easily within two to eight weeks.

Long-term goals, she noted, are something to work toward up to a year or two in the future.

"When making — and sustaining — a resolution, make sure it's obtainable within your means, and realistic," she advised. "Using these tricks will help to ensure you won't give up on your resolution two weeks into the new



Osborn (left) demonstrates the proper technique for a side plank exercise to client Amy Mayfield.
(This photo has been altered from its original form; background elements have been removed.)



Stacy Justus, recreational assistant, HFC, rides into the new year on a healthy note.
(This photo has been altered from its original form; background elements have been removed.)

year."

To help Soldiers and family members stick to their resolve for a healthier 2013, Osborn offers these additional, simple tips:

- **Create a routine.** Schedule your workout sessions just as you would any other important event, and keep that appointment.

- **Integrate your goals into your daily lifestyle.** Most diets fail because they are short-term (which, as noted earlier, only are sustainable for a few weeks). Instead, adjust your food in-

take to meet your level of activity, eat more fruits and vegetables to help cut down on snacking on less healthy fare, and drink plenty of water to stay hydrated and curb cravings.

- **March to the beat of your own drummer.** "Too many people get a workout program from a magazine, friend or Internet source. These workout plans are very generic and do not consider the person's prior/current injuries or fitness level," Osborn said.

Instead, Osborn suggests signing up with a personal trainer for a few sessions to gain a tailored program that fits all your needs.

"If you find a group class, type of exercise or a personal trainer you really enjoy, it's always more likely that you'll stick with it!" she explained.

The U.S. Army Garrison-Hawaii Directorate

of Family and Morale, Welfare and Recreation's fitness program oversees two physical fitness centers, here, as well as on Fort Shafter, Tripler Army Medical Center, Aliamanu Military Reservation and Helemano Military Reservation.

Each center provides a range of cardio and strength-training equipment, group exercise classes and personalized services, with most available seven days a week.

Specialized training areas and equipment, like Cross Fit, Pilates, stretch cages and more, can be found at each center, as well as courts for basketball, racquetball and tennis, and a swimming pool.

"When you work out at the gym, you are more likely to work out longer and push harder," Osborn said. "There's a different type of motivation that you feel when you are surrounded by others at the gym. It's almost like everyone silently encourages each other."

New for 2013

The Schofield Barracks Health and Fitness Center (HFC) will be undergoing some changes this year, starting with a renovation project, beginning Jan. 16.

During the closure, services will relocate temporarily to the Martinez Physical Fitness Center, Building 488 on Schofield.

HFC group aerobics and personal training will continue as usual in Court #1.

To kick off the new year and new move,

there will be a ZUMBATHON dance party from 5:30-7:30 p.m., Jan. 16, with three separate instructors showing off their moves.

Once the HFC reopens in mid-April, many new group aerobics classes and instructors will be available to help push people toward their goals.

For further information, including fitness center locations, hours and a schedule of upcoming classes and activities, visit www.himwr.com/fitness-centers.

Experts encourage healthy weight loss strategies

AMY CROWELL

U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — It's the start of a new year, and a determined effort to make 2013 the year you stick to your weight-loss resolution is underway.

But with so much information out there, where should you start?

A quick Google search for "weight loss" finds more than 500,000 results, headlined with advertisements for the latest and greatest diets, all claiming to have the new secret to weight loss success.

So which do you choose? The Atkins, Baby Food, Cabbage Soup, Caveman and Grapefruit diets promise quick and easy results — not to mention the abundance of weight-loss pills, equipment and centers that claim to deliver the body of your dreams (for a small fee).

The best thing, however, to achieve weight

loss goals is to avoid all of these fads.

"Don't be fooled into thinking (weight loss) is because of some magical food, pill or potion," said Dawn Jackson-Blatner, a spokesperson for the American Dietetic Association. "Crazy, unbalanced diets cause weight loss because they are basically low-calorie diets."

These diets limit your nutritional intake, can be unhealthy and tend to fail in the long run.

Follow the ADA's advice and stay away from any diet, pills or products that claim rapid weight loss. Slow, steady weight loss is more likely to last than dramatic weight changes.

Healthy plans aim for a loss of no more than one-half pound to one pound per week. If you lose weight quickly, you'll lose muscle, bone and water. You also will be more likely to regain the pounds quickly afterward.

Quantities and Limitations. Ditch diets that allow unlimited quantities of any food, such as

grapefruit and cabbage soup. It's boring to eat the same thing over and over, and hard to stick with monotonous plans. Avoid any diet that eliminates or severely restricts entire food groups, such as carbohydrates. Even if you take a multivitamin, you'll still miss some critical nutrients.

Specific Food Combinations. There is no evidence that combining certain foods or eating foods at specific times of the day will help with weight loss. Also, eating the "wrong" combinations of food doesn't cause them to turn to fat immediately or to produce toxins in your intestines, as some plans claim.

Rigid Menus. Life is already complicated enough. Limiting food choices or following rigid meal plans can be an overwhelming, distasteful task. With any new diet, always ask yourself, "Can I eat this way for the rest of my life?" If the answer is no, the plan is not for you.

Dieting Resource

For more information on ways to make realistic lifestyle changes, go online to the American Dietetic Association's website, www.eatright.org.

No Need to Exercise. Regular physical activity is essential for good health and healthy weight management. The key to success is to find physical activities that you enjoy, and then to aim for 30-60 minutes of activity on most days of the week.

The bottom line is, if a diet or product sounds too good to be true, it probably is. If you want to maintain a healthy weight, build muscle and lose fat, the best path is a lifelong combination of eating smarter and moving more.



Briefs

Today

Right Arm Night — Enjoy a Southern-style barbecue buffet and Texas Hold'em tournament, 4-8 p.m., Jan. 11, Nehelani. Spouses and civilians welcome. Tickets are \$5 in advance or \$8 at the door for this adult event. Tickets for sale at the Nehelani; call 655-4466.

14 / Monday

Sand Volleyball — Join weekly competition on Mondays; game starts at 6 p.m., Tropics Warrior Zone. Call 655-5698.

15 / Tuesday

Pool Tournament — Join this popular 8-ball weekly competition on Tuesdays; game starts at 6 p.m., Tropics Warrior Zone. Best 2 of 3 plays for the champion title on the last Tuesday of the month. Free to play; call 655-5698.

16 / Wednesday

Preschool Story Time — Take your toddlers to story time, Wednesdays, 10 a.m., Sgt. Yano Library, SB; different theme and story each week. Call 655-4707.

17 / Thursday

Texas Hold'em — The Tropics Warrior Zone hosts a free tournament that tests your poker skills against the best Army players around every Thursday at 6 p.m. Ages 18 years and older are welcome; no buy in. Non-players are invited to enjoy the atmosphere and featured menu items. Call 655-5698.

18 / Friday

Lei Making Workshop — Learn to make your own leis, 1-3 p.m., Schofield Arts and Craft Center. Ribbon braided leis, \$15 each; straw leis are \$20 each. Pre-registration required; call 655-4202.

23 / Wednesday

Fire and Ice — Explore the wild world of science, 3 p.m., Sgt. Yano Library, SB. "Mad Science" demonstrates a bottle blast, a crazy bubble shower and creepy, foggy effects. Open to elementary ages and older.

Ongoing

Whale Watching Cruises — Sign up to see these majestic creatures with Leisure Travel Services and save money. Call 655-9971.

Helemano Physical Fitness Center — Stroller Stride & Ride and



Photo courtesy YMCA of Honolulu

HONOLULU — Kids, teens, adults, senior and families are invited to swim, work out, try a new class or connect with friends and family at a Y in their community for free, through Jan. 12 .

‘Try the Y’ ends Saturday

YMCA OF HONOLULU
News Release

HONOLULU — Youth, adults, seniors and families are invited to "Try the Y for free" at any of YMCA of Honolulu's eight facilities on Oahu through Saturday, Jan.12, anytime during operating hours.

The public is invited to be a member for a day to access the Y's cardio and fitness centers and participate in free health and fitness classes, including yoga, turbo kick, Zumba, kick-boxing, circuit training, strength training and cycling. People also can play basketball or racquetball, swim or take a class in heated pools.

In addition, each YMCA branch will offer a variety of Open House events featuring tours, free healthy snacks, games and prize giveaways. Events will be offered just for seniors and pau hana workers, too.

The celebration ends at YMCA Camp Erdman with a community open house featuring tours, swimming, rock wall climbing, archery and more, from 1-4 p.m., Jan. 12.

Specials include a free membership in the Y Healthy Jumpstart Program — a four-week health and fitness program that includes group sessions with a health advisor and special membership rates.

The YMCA will be launching its new diabetic health and fitness program, GlucoFitClub. Members receive a free glucometer, YMCA membership and personalized

fitness, nutrition and education classes. During the Y's Open House celebration, new GlucoFitClub members will have their enrollment fees waived.

About the Y

The YMCA of Honolulu is one of Hawaii's leading nonprofits committed to nurturing the potential of youth, promoting healthy living and fostering a sense of social responsibility.

Since 1869, the YMCA of Honolulu's stated cause is strengthening communities and ensuring that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

The YMCA of Honolulu currently operates eight branches throughout Oahu: Atherton, Central, Kaimuki-Waialae, Kalihi, Leeward, Mililani, Nuuanu, Windward and Camp H.R. Erdman, the YMCA resident camp on the North Shore.

The YMCA of Honolulu has an operating budget of \$26 million with more than 900 employees and 100 volunteers. For more information, go to www.ymcahonolulu.org or call 531-YMCA (9622).

Also, Armed Services YMCAs are located on military installations. Call 624-5645 for the WAAF ASYMCA.

Circuit Training will start this month, with days and times to be determined. Call 653-0719.

Auto Body Service — Dings, scratches and dents can be a thing of the past at Schofield's Auto Skills Center with Oscar Reyes, Auto Body and Paint. New service will be available in February. Call 655-9368.

Fort Shafter Auto Skills — Fort Shafter now offers mechanics for hire services. Call 438-9402 for information and pricing.

Richardson Pool Closure — Richardson Pool is closed through May. For your convenience, restrooms and showers will be open from 6-9 a.m. during PT, Mondays-Fridays. All other operations will be moved to Helemano swimming pool.

Winter Bowling Birthdays — Plan a birthday at Shafter's Bowling Center during the months of January or February, and the birthday boy/girl will receive a commemorative birthday bowling pin for free, while supplies last. Limited to parties of 10 or

more. For reservations, call 438-6733.

Storage Shed Rental — Rent a storage shed from either the Fort Shafter or Schofield Barracks Auto Skills Center. Fee is \$40 (8x6x5, metal) or \$60 (8x6x6, plastic) per month. Call 655-9368 (SB) or 438-9402 (FB).

The "A" Game — Keiki 18 years of age and under can bowl one free game for every two "A's" on a report card. Call 438-6733 (FS) or 655-0573 (SB).

community
Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Sony Open Golf — Top PGA golfers from around the world gather daily, 7 a.m., Jan. 11-13, at Waialae Country, 4997 Kahala Ave., Honolulu. Visit friendsofhawaii.org for ticket and parking information.

Chicago in Concert — Grammy award-winning group performs, 7:30 p.m., at the Honolulu Blaisdell Arena. Tickets, \$46-\$76, at www.ticketmaster.com.

12 / Saturday

Road Closure — The entire intersection of Humphreys and Kolekole, Schofield Barracks, will be closed, Jan. 12, for road reconstruction work. Ongoing construction of portions of Kolekole Avenue between Flagler Road and Humphreys

Road will be fully closed, 24/7, through scheduled completion, Jan. 29.

Contraflows will be set up to allow two-way traffic on Kolekole. Project schedule is subject to change pending weather delays. Safety signs and barriers will be posted when each section of the roadway is closed. Call 656-2532.

Family Night Programs — AMR and Schofield chapels invite the public to family-night programs, now underway. The weekly event features dinner, classes and activities for ages 4 through high school and adults.

A nursery service, staffed by CYSS, is provided for children ages 6 months-4 years who are registered with CYSS or CDC.

Weekly schedule follows:
•AMR Chapel Family Spiritual Resiliency Night, Tuesdays, 5:30-7:30 p.m.

•Schofield Chapel Family Spiritual Resiliency Night, Wednesdays, 5:30-7:30 p.m.
Call 833-8175 (SB) or 839-4319 (AMR).

Chess Lessons — Hawaii Chess Federation (formerly Mililani Chess Club) will conduct chess instruction, 5:30-8 p.m., Tuesdays, Pearlridge Shopping Center,Uptown.

19 / Saturday

Book Signing — Author retired Col. Ben Walton will sign copies of his book "Great Black War Fighters: Profiles in Service," 10 a.m.-1 p.m., at the SB Exchange.

Nesian Fest 2013 — Musicians, dancers and artists from around the Pacific perform, 2-10 p.m., Jan. 19, at the Waterfront at Aloha Tower.

General admission is \$25 presale, \$40 at the door. Call 206-4963 or email nesianfesthawaii@gmail.com.

Zumba — Classes are now offered Saturday mornings at the Armed Services YMCA, WAAF. Preregistration is required; cost is \$20 a month and includes the class and on-site child care. Call 624-5645.

25 / Friday

Dr. Martin Luther King Jr. Observance — "Remember! Celebrate! Act!" is scheduled 11 a.m.- 1 p.m., at

the SB Warrior Inn Dining Facility (Bldg. 2085). This event is hosted by 2nd SBCT, 25th ID, Team EO and EEO Hawaii. Call 655-0240.

Ongoing

Children's Waiting Room — The ASYMCA Children's Waiting Room offers on-site child care for healthy children whose parents or siblings have medical appointments in any of the Schofield clinics or at TAMC. No fee is charged.

SB weekday hours are 8 a.m.-noon and 1-4 p.m.; TAMC hours are 8 a.m.-3 p.m. Call 433-8410 (SB) or 833-1185 (TAMC).

Food for Families — ASYMCA at WAAF has an emergency food locker to assist military families in need. Call 624-5645.

Jewish Services — Weekly worship services are now held Friday nights at 7:30 p.m., at Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam. There are no longer Saturday morning services or Monday Bible studies at JBPHH.

worship
Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

- Sunday Services
 - 8:45 a.m. at MPC
 - 9 a.m., at FD, WAAF and TAMC chapels
- Lutheran/Episcopalian
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
- Contemporary Service
 - 11 a.m. at Soldiers Chapel

This Week at the
MOVIES
Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



Hotel Transylvania
(PG)

Fri., Jan. 11, 7 p.m.
Sun., Jan. 13, 2 p.m.
Thurs., Jan 17, 7 p.m..



Killing Them Softly
(R)

Sat., Jan. 12, 7 p.m.

No shows on Mondays or Tuesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield

Volunteer youth sponsors welcome young newcomers

CHILD, YOUTH AND SCHOOL SERVICES
Directorate of Family and Morale,
Welfare and Recreation

HONOLULU — For children and youth of Army families, relocation is a common occurrence.

When faced with a move as a result of their military parent’s mission, children and youth may experience all kinds of emotions, including fear, anxiety, anger and even depression.

The Youth Sponsorship Program within U.S. Army Garrison-Hawaii’s Directorate of Family and Morale, Welfare and Recreation (DFMWR) focuses on relocation support, as well as those life transitions that military-connected children and youth often encounter.

Here in Hawaii, each School Age Center and Middle School/Teen Program, part of Child, Youth and School Services (CYSS) in DFMWR, has an established Youth Sponsorship Club wherein newly located children and youth can find a friendly welcome, transition support and new friendships.

“Quality peer-to-peer support is the backbone of the Youth Sponsorship Program,” said Mark Maddox, CYSS transition specialist.

“Without our enthusiastic young volunteers to welcome and befriend our newcomers, our

program would not be as successful.”

The clubs are made up of young volunteers who have experienced the same emotions and stresses that all new kids encounter. Adult leaders train prospective volunteers to be responsible sponsors and ambassadors to new children and youth who have just arrived to the Aloha State.

Each young newcomer who fills out a youth sponsorship request form will receive a welcome packet and be paired with a peer youth sponsor once he or she arrives in Hawaii. The request form asks for information, such as gender, age, grade, hobbies, etc., that will make the pairing process smoother.

If newcomers provide an email address, their selected sponsors can contact them before they arrive and give them a better idea of what to expect at their new duty station.

One feature of the welcome packet is an enclosed video CD developed by the Middle School/Teen Program at Aliamanu Military Reservation (AMR). Teen actors provide a young person’s take on the different sites and customs here in Hawaii.

“The kids did a very professional job in preparing this video and really brought

home what it’s like to be a new kid in a strange place,” said Nelson Acosta, director of the AMR program. “We get a lot of positive comments

about the video, and the teens had a great time sharing their personal views about their new home.”



Photo courtesy CYSS, DFMWR, USAG-HI

AMR Teen Center members (clockwise, from left) Kevin Klein, Amaris Cedillo, Jasmine Rivas, Jasmine Moody, A'daisha Butler and Jaylen Tarpley meet with Youth Sponsorship Program adviser Maria Tobin (standing) during a reward trip to Jamba Juice in Ward Centers, recently, in appreciation for the teens' hard work as sponsors to incoming youth.

Youth Sponsorship

Information regarding the Youth Sponsorship Program can be obtained by calling any of your nearby School Age or Teen Centers; by contacting the School Liaison Office at 655-8326; or by visiting the Youth Sponsorship website at www.himwr.com and clicking on the CYSS link.



2012

YEAR IN

Review





Tech. Sgt. Michael Holzworth | U.S. Air Force

HONOLULU — Maj. Gen. Roger Mathews, deputy commander, USARPAC; Marine Corps Lt. Gen. Thomas Conant, deputy commander, PACOM; and Air Force Maj. Gen. Darryll Wong, adjutant general, Hawaii National Guard, look on as the ceremonial coin is tossed to begin the 2012 NFL Pro Bowl Game at Aloha Stadium, Jan. 29.



File photo

SCHOFIELD BARRACKS — Eddie the Eagle reads his deployment storybook, “Eddie’s Funny Feeling,” to Blue Star Card families, at the Sgt. Yano Library, here, Feb. 22.



Courtesy photo

SCHOFIELD BARRACKS — Children build a forest at the “Who is Caring for our Hawaiian Forests?” challenge, presented by DPW’s Natural Resources team as part of Earth Month activities in April.



Photo courtesy OANRP, Env. Div., DPW, USAG-HI

WAIANAE — Kim Welch (red shirt), environmental outreach specialist, OANRP, Env. Div., DPW, USAG-HI, leads volunteers on a tour of the upper-elevation rare plant nursery in the Waianae Mountains, here, May 5. The OANRP staff processes and cares for seeds collected from endangered plants in the wild at the greenhouse. Some of the plants and seeds are stored, while others are planted back into the forest.

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE



Spc . Kayla Thomas | 25th ID Public Affairs

HONOLULU — Maj. Gen. Bernard Champoux, then-commander, 25th ID (center), and Command Sgt. Maj. Ray Devens Jr., senior enlisted leader, 25th ID (right), lead the “Tropic Lightning” Division into Aloha Stadium following the division’s completion of the 28th annual Great Aloha Run, here, Feb. 19.



Mark Brown | Lend Lease

HELEMANO MILITARY RESERVATION — 1st Sgt. Mathew Baker, (left), and Capt. Neal McDonald, commander, 307th ESB, 311th Sig. Cmd. (T), steady a native Hawaiian tree for planting by unit Soldiers, here, April 20. The event was held to help USAG-HI achieve Tree City USA designation and was one of four tree-planting events that took place throughout the day. Other planting sites included Fort Shafter, Aliamanu Military Reservation and Wheeler Army Air Field.



Jenny Duong | DFMWR, USAG-HI

WAHIAWA — Maj. Gen. Roger Mathews, deputy commander, USARPAC, discovers a prank golf ball upon taking the ceremonial first tee shot at the grand re-opening of Leilehua Golf Course, here, June 11.



Photo Courtesy IPC

WHEELER ARMY AIRFIELD — Sgt. Chad Meadows (left) and Cpl. James Hall (right), both from DES, USAG-HI, help CYSS Teen Center teens bring awareness to speeding hazards, here, as part of the DES and IPC’s Slow Down Now! sign-waiving campaign in June.



Staff Sgt. Amber Robinson | 3rd BCT Public Affairs, 25th ID

FORWARD OPERATING BASE FENTY, Afghanistan — Soldiers from the 3rd BCT, “Task Force Bronco,” 25th ID, and others stationed here begin the Great Aloha Run Shadow Run, Feb. 19.

Community, environment highlight USAG-HI in 2012

JACK WIERS
Pau Hana Editor

WHEELER ARMY AIRFIELD — Buoyed by a historical past of more than 100 years, U.S. Army Garrison-Hawaii leadership and community members moved confidently into the future while dedicating new and renovated barracks and child care facilities, all while continuing to gather environmental accolades

during 2012. The Army’s history in Hawaii was highlighted through new museum exhibits and a year of remembrances, including Dec. 7, 1941, through the eyes of those who survived that fateful day. The continued growth of USAG-HI facilities featured dedications beginning with the new \$29 million Schofield Barracks enlisted person-

nel housing project in January and culminating with the Bowen Child Development Center and new Family and Morale, Welfare and Recreation Outdoor Recreation Center, both in November. The garrison’s conservation programs continued to provide benchmark community leadership, with the USAG-HI Directorate of Public Works’ Oahu Army Natural Resources Pro-

gram recognized, once again, by the Secretary of the Army. Volunteerism and community involvement were in high profile throughout 2012, with more than 4,300 military participants in February’s annual Great Aloha Run, along with 6,000-plus participants at the Tripler Army Medical Center Fisher House’s inaugural “Boots on the Bridge” post-9/11 memorial run.



Spc. Tiffany Dusterhoft | 8th TSC Public Affairs

HONOLULU — An estimated 6,000 service members, family members and friends walk, ruck and run their way across Ford Island Bridge during the inaugural Fisher House “Boots on the Bridge, Remembering the Fallen” hero and remembrance run, here, Aug. 18. Volunteers collected more than 6,000 boots that lined the run course and commemorated 9/11 fallen service members.



Jack Wiers | USAG-HI Public Affairs

SCHOFIELD BARRACKS — DFMWR’s new Outdoor Recreation Center opened, here, Aug. 17. The move more than doubled the size of the ODR, according to DFMWR officials. More than 50 items, including surfboards, kayaks and paddleboards, are at the new 435 Ulrich Way facility.



Staff Sgt. Gaelen Lowers | 8th TSC Public Affairs

SCHOFIELD BARRACKS — Jack’s Mannequin lead singer Andrew McMahon (left) receives “fun bands” from fans April Liwanag (center) and Nikki Otero during a meet-and-greet with the band at Sgt. Yano Library, here, prior to the headliner’s July 4th performance.



Sarah Pacheco | Honolulu Star-Advertiser

JOINT BASE PEARL HARBOR-HICKAM — Keiki from Iliahi Elementary School’s Na Kamali’i O ‘Iliahi open the 11th annual Joint Venture Education Forum with song, here, Aug. 30.



Photo courtesy U.S. Geological Survey Hawaiian Volcano Observatory

HAWAII NATIONAL PARK, Hawaii — The lava lake within Halema'uma'u Crater near Kilauea Military Camp continues its trend of repetitive rising and falling in the 30th year of its eruption .



Photo courtesy IPC

SCHOFIELD BARRACKS — Aleija Duckworth (front left) and Haven Allen help with tree-planting efforts in Porter Community, here, during Arbor Day, Nov. 2. Plantings took place across USAG-HI installations to ensure Schofield Barracks retains its prestigious Tree City USA status. The trees were donated by landscaping company Mainscape.



Sarah Pacheco | Honolulu Star-Advertiser

SCHOFIELD BARRACKS — USAG-HI chaplains and senior leadership celebrate the grand opening of the garrison’s newly renovated Chaplain Family Life Center, here, Sept. 13. Pictured cutting the ceremonial maile lei are (from left) Chaplain (Col.) Peter Mueller, chaplain, USAG-HI; Chaplain (Maj.) Kelly Porter and Chaplain (Maj.) Chris Wilson, both Family Life chaplains, USAG-HI; and Col. Daniel Whitney, commander, USAG-HI.

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



Staff Sgt. Gaelen Lowers | 8th TSC Public Affairs

ALIAMANU MILITARY RESERVATION — Soldiers, including Spc. Franz Fabricante (top center, arms curled), 500th MI Bde., show off their muscles after singing “I’m Sexy and I Know It” during the 2012 Soldier Show at the gymnasium, here, July 27.



Petty Officer 3rd Class Eustacia "Tasha" Joseph | U.S. Navy

HONOLULU — Army Vixens player Kim "Kimbo" Raymond (with football) makes a break past the Falcons' defense as teammate Martina "Cheddah" Ramirez, No. 3, looks to help during a Hawaii Female Flag Football League Army vs. Air Force game at Radford High School, here, in September.



Sarah Pacheco | Honolulu Star-Advertiser

SCHOFIELD BARRACKS — Master Sgt. William Bullard (left), command sergeant major, and Capt. Ben Hart, commander, both with the Rear Det., 1st Bn, 14th Inf. Regt., 2nd SBCT, 25th ID, unveil the plaque dedicated to Staff Sgt. Hammett Bowen Jr. during the Bowen Child Development Center Re-memorialization Ceremony, here, Nov. 8.



Sarah Pacheco | Honolulu Star-Advertiser

SCHOFIELD BARRACKS — Pfc. James Armstrong (left), HHBN, 25th ID, draws arms against Justin Vance, a history professor at HPU, during a Civil War re-enactment at the Tropic Lightning Museum’s annual “Living History Day,” here, Oct. 13.



Staff Sgt. William Sallette | 25th ID Public Affairs

WHEELER ARMY AIRFIELD — Thomas Petso, a Pearl Harbor survivor and Greatest Generation Foundation member, takes a long look at the runway, here, where he was playing football the morning of Dec. 7, 1941, when the Japanese Imperial Navy attacked WAAF and Pearl Harbor.

Inset: Photo courtesy Tropic Lightning Museum



Sharon Nakai | DFMWR, USAG-HI

HALEIWA — Spc. Henry Caldera, 643 Co., 84th Eng. Bn., 130th Eng. Bde., 8th TSC, holds a rescued green sea turtle, here, Dec. 10. His quick response helped save the turtle from being strangled underwater by discarded fishing netting.

Folic acid encouraged for healthier keiki

LT. COL. SANDRA KEELIN
U.S. Army Public Health Command

ABERDEEN PROVING GROUND, Md. — One of the most important things you can do to help prevent serious birth defects in your baby is to get enough folic acid every day.

The U.S. Public Health Service and the Centers for Disease Control and Prevention recommend that all women of childbearing age consume 400 micrograms of folic acid daily to prevent birth defects.

Folate (folic acid) is a B vitamin needed for cell division and blood cells. It is also known to help prevent neural tube birth (NTD) defects that affect 3,000 pregnancies a year in the U.S.

Folic acid is essential for the development of the neural tube that encloses the spinal cord. When the neural tube fails to close properly, infants suffer disabilities, such as paralysis of the lower body and learning disabilities, or they are stillborn.

All women of childbearing age, even if not planning to become pregnant, should consume folic acid every day.

The baby’s neural tube is formed in the first month of pregnancy, before a woman knows she is pregnant. Taking folic acid before and during pregnancy reduces the risk of common and serious NTDs by 50-70 percent. In fact, since 50 percent of pregnancies are unplanned, all women of childbearing age, even if not planning to become pregnant, should consume folic acid every day, even between pregnancies.

Unfortunately, only one-third of U.S. women between the ages of 15 and 45 consume the recommended amount in their diet.

Women can get enough folic acid in three ways:

Take a vitamin supplement. The easiest way a woman can get the recommended daily amount of folic acid is to take a multivitamin daily. Most multivitamins sold in the U.S. have the recommended 400 mcg of folic acid.



Eat a fortified breakfast cereal daily. Read the nutrition facts panel on the cereal box to ensure it is fortified with 100 percent of the daily value of folic acid. In addition, consume grains, pastas and breads that are enriched with folic acid.

Since the introduction of fortification of breads, cereals and flour in 1998, the CDC reported a 36 percent reduction in neural tube defects.

Eat foods super rich in folate every day. Plant foods such as beans, legumes, dark leafy vegetables (spinach, romaine lettuce, asparagus, kale, broccoli, mustard greens) and citrus fruits are naturally rich in folate.

Keep in mind that folic acid is water soluble and can be destroyed in cooking. Cook vegetables in as little water and as quickly as possible.

In addition, read the labels on citrus juices to ensure they are fortified with extra folic acid.

(Editor’s note: Keelin is a registered dietitian.)

Resources

For more information on folic acid, visit the U.S. Department of Health and Human Services Office on Women’s Health website, www.womenshealth.gov/publications/our-publications/fact-sheet/folic-acid.cfm.

Healthy sleep improves athletic performance

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Do you get enough sleep?
According to experts, adults need seven to eight hours of sleep each day.
In addition to giving your body an opportunity for rest and recovery, scientists believe sleep is the time when the brain sorts and stores information, replaces chemicals and solves problems.

During deep sleep, the parts of the brain that control emotions, decision-making processes and social interactions drastically reduce activity, suggesting that this type of sleep helps people maintain optimal emotional and social functioning while they are awake.

If you consistently do not get enough sleep, lack of ample shuteye may lead to problems functioning in daily life. These may include tiredness; concentration problems; decreased work performance; increased risk for falls, accidents and injuries; and health problems.

The amount of sleep you need increases if you have been deprived of sleep. Getting too little sleep creates a “sleep debt,” which eventually your body will demand be repaid.

A person does not seem to adapt to getting less sleep than needed. Although you may get used to a sleep-depriving schedule, your judgment, reaction time and other functions are still impaired.

Sleep also impacts your physical performance.
“Sleep deprivation impacts us physically, which can negatively affect our coordination, agility, mood and energy,” said Dr. Bert Jacobson, head of the School of Educational Studies at Oklahoma State University. “Research shows that sleeping better and longer leads to improvements in athletic performance, including faster sprint time, better endurance, lower heart rate and even improved mood and higher levels of energy during a workout.”



Sleep will get interrupted from time to time, and having occasional difficulty getting enough sleep is common. Disruption usually occurs during times of change, stress and excitement.

Some individuals may not practice good “sleep hygiene,” or what are considered good sleep habits; however, several things can be performed to help you sleep better. Good sleep hygiene includes the following:

- Go to bed at the same time and get up at the same time every day. If possible, wake up with the sun, or use very bright lights in the morning.
- Avoid caffeine six hours before bedtime.
- Avoid alcohol two hours before bedtime.
- Go to bed when sleepy. If you are unable to fall asleep after 15 minutes or wake up and can’t go back to sleep, get up and do something relaxing until you are sleepy and then return to bed.
- Avoid eating a late dinner. A full stomach for most people also means a level of discomfort that keeps them awake.
- Exercise 20-30 minutes a day to boost your metabolism and help relieve sleep-robbing stress. However, try to exercise five to six hours before going to bed.
- Spend a few minutes just before going to bed doing something that helps you unwind, for example, taking a warm bath or reading.
- Maintain a comfortable temperature in the bedroom. Extreme temperatures may disrupt sleep or prevent you from falling asleep.

(Editor’s note: Young is a health educator at USAPHC.)

Resources

For additional information on sleep, visit these sites:

- National Sleep Foundation, www.sleepfoundation.org; and
- American Sleep Association, www.sleepassociation.org.

USE YOUR HEAD

A row of five different styles of helmets, including racing helmets, military helmets, and modern safety helmets.

WEAR A HELMET